## WHAT IS CLAIMED IS:

- 1. A dry particulate food composition comprising a gelling agent, at least one protein, at least one binding agent, at least one sweetening agent, a chemical gassing agent, and a chemical reagent for controlling and increasing a quantity of chemical gas released from the chemical gassing agent.
- 2. The dry particulate food composition of Claim 1 additionally comprising at least one flavoring agent, at least one bulking agent, and at least one coloring agent.
- 3. The dry particulate food composition of Claim 1 wherein said gelling agent comprises at least about 3% by weight of the dry particulate food composition.
- 4. The dry particulate food composition of Claim 1 wherein said protein is selected from the group consisting of whey protein, soy protein, and egg albumen.
- 5. The dry particulate food composition of Claim 1 wherein said protein comprises at least about 1% by weight egg albumen of the dry particulate food composition, and at least about 1% by weight whey protein isolate of the dry particulate food composition.
- 6. The dry particulate food composition of Claim 1 wherein said protein comprises whey protein isolate combined with egg albumen in a weight ratio ranging from about 1:1 to about 1:3.

- 7. The dry particulate food composition of Claim 1 wherein said chemical reagent comprises at least about 0.1% by weight of the dry particulate food composition.
- 8. The dry particulate food composition of Claim 1 wherein said chemical gassing agent comprises at least about 0.2% by weight of the dry particulate food composition.
- 9. The dry particulate food composition of Claim 1 wherein said binding agent comprises at least about 1.0% by weight of the dry particulate food composition.
- 10. The dry particulate food composition of Claim 1 wherein said sweetening agent comprises at least about 20% by weight of the dry particulate food composition.
- 11. The dry particulate food composition of Claim 1 wherein said sweetening agent comprises at least about 25.0% by weight of a first sweetening component of the dry particulate food composition, and at least about 10.0% by weight of a second sweetening component of the dry particulate food composition.
- 12. A method for producing a food product comprising:

providing a dry particulate food composition including a gelling agent, at least one protein, at least one binding agent, at least one sweetening agent, a chemical gassing agent, and a chemical reagent for controlling and increasing a quantity of chemical gas released from the chemical gassing agent; and

adding the dry particulate food composition to a liquid to produce a food product.

- 13. The method of Claim 12 wherein said liquid comprises a temperature ranging from about  $105^{\circ}$  F to about  $120^{\circ}$  F.
- 14. The method of Claim 12 additionally comprising producing said food product without employing external heat.
- 15. A food product produced in accordance with the method of Claim 12.
- 16. A method for producing a food product comprising:

providing a first dry particulate food composition including a gelling agent, at least one protein, at least one binding agent, at least one sweetening agent, and a chemical reagent for controlling and increasing a quantity of chemical gas released from a chemical gassing agent;

adding the first dry particulate food composition to a liquid to produce a liquid food mixture; and

adding a chemical gassing agent to the liquid food mixture to produce a food product.

- 17. A food product produced in accordance with the method of Claim 16.
- 18. A method for producing a food composition comprising:

providing particulates of a sweetening agent and particulates of an agent for controlling the release of chemical gas from a chemical gassing agent;

separating from the dehydrated sweetening particulates sweetening particles having an average particle size less than about 600  $\mu$ M, leaving residual dehydrated sweetening particles having an average particle size equal to or greater than about 600  $\mu$ M;

separating from the particulates of the agent for controlling the release of chemical gas from a chemical gassing agent agent particles having an average particle size less than about 600  $\mu\text{M}$ , leaving residual agent particles having an average particle size equal to or greater than about 600  $\mu\text{M}$ ; and

mixing the separated agent particles and separated sweetening particles together to produce a food composition.

19. A dry food composition comprising a plurality of particulates having an average particle size less than about 600  $\mu$ M and including a gelling agent, at least one binding agent, at least one protein, at least one sweetening agent, a chemical gassing agent, and a chemical reagent for controlling and increasing a quantity of chemical gas released from the chemical gassing agent.